



## **Lebanon Special School District Trend Report CSH Overview Summary**

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Lebanon Special School District.

### **CSH Infrastructure Established**

An infrastructure for CSH has been developed for the Lebanon Special School District that includes:

- School Health Advisory Committee
- Five Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy, mental health policy and heat illness prevention policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$498,510.

Community partnerships have been formed to address school health issues. Current partners include:

- TNCEP Coalition
- UT Extension
- Wilson County Health Council
- Wilson County Health Department
- Cumberland University
- University Medical Center
- City of Lebanon
- Lebanon Police Department/Public Safety Officers
- College Hills Church of Christ
- Jimmy Floyd Family Center
- STARS
- Well Child, Inc.
- Tennessee Technology Center at Hartsville
- Centerstone

### **Parent and Student Involvement Developed**

Parents are involved in numerous CSH activities including school health screenings, district walking programs, healthy school teams, school health advisory council and spring Olympics. Currently, 216 parents are collaborating with CSH.

Students have been engaged in CSH activities including healthy school teams, school health advisory council, after-school fitness clubs, district walking program and spring Olympics. Approximately 1,978 students are partnering with CSH to address school health issues.

### **School Health Interventions**

Since CSH has been active in the Lebanon Special School District, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 7,131 health screening were conducted and 749 referrals were made for one of the following categories: BMI, Blood Pressure, Vision, Hearing or Scoliosis.

Students have been seen by a school nurse and returned to class – 11,792 student visits and 9,692 were returned to class.

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. 1,596 students were weighed and measured during the 2010-2011 school year and 44% were found to be overweight or obese and 54% were found to be normal weight and 2% underweight.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include health education curricula, physical education curricula, teacher training and equipment, health screening equipment, playground equipment and mulch to ensure student safety.

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include TAHPERD – Tennessee Association of Health, Physical Education, Recreation, and Dance Conference, Professional Development for district physical education Teachers, TAHPERD, Take 10!, Light to Darkness Training- Signs of Sexual Abuse.

School faculty and staff have received support for their own well-being through on-site screenings with a partnership with University Medical Center.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model curriculum used to teach health education, physical education teachers incorporating health education instruction for elementary students;
- Physical Education/Physical Activity Interventions – CATCH equipment and training, and curricula provided to district physical education teachers walking program implemented to increase daily physical activity, after-school fitness clubs implemented to increase physical activity of non-athletes and promote good health.

- Nutrition Interventions – Bag and Go breakfast implemented to increase breakfast participation, Fresh Fruits and Vegetables grant promoting healthy eating;
- Mental Health/Behavioral Health Interventions – district mental health team, mental health policy, and an MOU with community agency (Centerstone) providing on-site counseling services for students and families.

In such a short time, CSH in the Lebanon Special School District has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

Tammy Grow  
615-444-6073